

# Crunchy Chicken Salad

**Makes:** 5 servings

This main dish is a combination of chicken, vegetables, and fruit. Enjoy it as a cold salad or as the filling of a hearty sandwich or wrap.

## Ingredients

- 2 cups** cooked chicken (chunked)
- 1/2 cup** celery
- 1/4 cup** green pepper
- 1/4** onion
- 1/2** cucumber
- 1/2 cup** grape
- 1** apple (small, diced, leave the peel on)
- 1/4 cup** yogurt, plain

## Directions




1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>125</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	46 mg
<b>Sodium</b>	<b>232 mg</b>
<b>Total Carbohydrate</b>	<b>8 g</b>
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars included	0 g
<b>Protein</b>	<b>18 g</b>
Vitamin D	0 IU
Calcium	44 mg
Iron	1 mg
Potassium	295 mg

N/A - data is not available

### MyPlate Food Groups

	Fruits	1/4 cup
	Vegetables	1/4 cup
	Protein Foods	2 ounces

## Notes

Serve on lettuce, crackers, or bread.

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